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ROSEBURG, OREGON, WEDNESDAY, MARCH 19, 1924.

HYGIENE OF OLD AGE.

In a recent broadcast on the "Hygiene of Old Age," Surgeon General Hugh S. Cumming makes a plea for a better understanding of this condition and argues for an attitude of optimism and cheerfulness when dealing with elderly people.

"There is too much of a tendency among persons reaching a certain age to persuade themselves that they have reached the last page of the book of life," says Dr. Cumming. "At this point, he continues, 'many seem to think that both mental and physical activities should be relinquished. The contrary viewpoint should hold. Efforts should be made to preserve such an equanimity of mind and purpose that old age will become a period of comfort and enjoyment. Old age should be a physiological change of not unpleasant nature. Mental as well as physical diversion is essential to true happiness in old age. The reading of current newspapers and periodicals or of choice standard literature of the past is a definite antidote to the frequent habit of introspection and the tendency of the aged to despond. Sewing, weaving, simple carpentry, or other light manual occupations requiring dexterity and mental application are useful supplementary measures. The inclusion of the elderly in social gatherings and spirited conversations with younger persons is often stimulating. It should not be felt that a person is no longer entitled to an interest in life because he is old."

Radio broadcasting has opened up a vista of enchantment to the aged, especially to those with impaired hearing or failing vision. Not only does radio interest and instruct but it often soothes. With its kaleidoscopic changes of program, radio offers diversion which is hygienically helpful. Good radio music is thoroughly enjoyable, no doubt beneficial. One should not however, go to the extreme of keeping late hours even for interesting radio programs.

Many of the problems connected with the hygiene of old age are due to lowered mental power. Therefore, a cheering and optimistic attitude towards the aged, especially during sickness, is essential to their well being. Old people regard their condition as far less serious when fully dressed and out of bed. However, when an elderly person complains of being over tired, or otherwise not physically fit, rest in bed for a day is advisable. By administering light and easily digested food and applying warmth to the body of an aged patient he is often aided over a prospective illness.

Special attention should also be paid to proper clothing, diet and exercise of the elderly. Inasmuch as body heat decreases after the age of 40, exercise is required to provide some of the deficiency. An English physician who recently reached the age of 95 years, advocates and practices a daily walk in the open, regardless of the weather. He cautions, however, against exercising to the point of fatigue. While all old people may not be able to follow this hardy example, it is nevertheless true that a moderate walk on pleasant days is a beneficial stimulant.

The digestive powers of the elderly are less vigorous and there is not as great a demand for body fuel as in earlier years. The principal features of a proper diet in old age include; first, a diminished quantity of food; second, the ingestion of food at more frequent intervals and in smaller quantities and; third, the use of easily digestible food which does not produce either too large or too small a residue of waste matter. Persons of advanced age are almost invariably lean, have partaken moderately of food and drink in earlier life and as a rule have eaten relatively little meat in later life. The foundation for a happy and comfortable old age is laid during the active earlier period of life.

With reasonable attention to certain well defined and easily accessible principles of personal hygiene, it is possible, in many instances at least, to retain one's faculties to such an extent as to make old age a pleasure rather than a burden.

Grover Cleveland Bergdoll, draft evader, is going to return to America and serve five years in federal prison for his misdeeds. Germany wants to get rid of the slacker and seems anxious to dump the culprit on American soil. It might be possible to make a good citizen out of this fellow but it will take longer than a five year sentence to do it.

The library bond issue went over with a bang. Now, while the thing is in the making there should be no time lost in rounding out the project and getting this one important feature in the way of city progress fully established.

That was a fine majority given the soldier's bonus bill in the house yesterday—355 to 54. Things look considerably brighter for the ex-service boys than they did a month ago.

A man in Denver killed his wife with a hammer, then placed the body in a trunk and shipped it to California. This is the way some men plan a vacation for their wife.

It is about time for Attorney-General Daugherty to get out of the limelight. He is deserving of a long vacation—without pay.

It pays to be fair in all things—little or small.

PRUNE PICKIN'S

BY BERT G. BATES

GOOD EVENING FOLKS—
The Chamber of Commerce Appointed y. ed. Of Prune Pickin's To make plans To select the Broccoli queen Of the Umpqua valley Regardless of the Consequences we Are about to enter Upon that task Having assured All contestants That the requirements For the beauty contest Will hafta be Mapped out by The damsel themselves As this colyum Hesitates to present A schedule of Measurements Without having First looked over The field.

DUMBELL DORA THINKS
A candy date is a feller who is runnin' for office.

The cow college band played at the armory last eve for the edification of those who have no radios in their home.

The college sheiks exhibited some of the new dance steps following the tootin' contest and the home town boys stood on the sidelines and made wise cracks such as, "Don't they think they're cute," etc.

The festive doughnut and well known java were dipped and slipped at the legion meeting last night following which the boys played mah jongg, minus the remainder of the set.

Now that many of the boys of the village are having permanent waves installed in their locks we expect soon to see them wearing pretty little pink camisoles.

Tom Ness has three running meters on display down at the Copco company but most of us get enough amusement out of watching our own on the back porch.

WHO REMEMBERS
The time Carl Ohman was drilling a squad of home guards and he gave the Norwegian command, "Hooteery!" and the boys charged right on over him.

The American Legion boys were out trying to sell a few American flags last week to the merchants and most of the men bought 'em and were glad to have the chance to—but there were one or two who presented some sickly excuse for not making the purchase and the excuse was about the same as the ones during the war for not buying Liberty bonds.

Another German newspaper down in Frisco cuts loose with a couple colyums of vituperation concerning the squibs in this colyum and we hope they don't tell Grover Bergdoll on us.

Have you an airplane neck today?

Plant the seeds
And let 'em grow
Is advice to us right now
But how in heck
Can ya make 'em grow
When the ground's too hard to plow?

"Life is just one damned thing after another," said a member of the school board today.

Well folks, we're goin' to have a regular library at last if the city council will sell the bonds.

"Adam and Eve," the Senior Class play is on at the Antlers tonight and we are wondering where they're going to get the costumes for the production of the leaves are not out yet.

After this colyum picks the broccoli queen most of the janes in town will think we're a cabbage head ourselves.

On acct. of the heavy sunfall yesterday of Jupe was out liquidating acct. today.

The groaners of the village retired to their storm cellars today after suffering defeat on the library issue and they are expected to emerge next year with a heavier crop of moss on their spinal colyums.

A woman of the village wrote an anonymous letter to this sanctum unloading her marital troubles and sundry other items and we'd reply to her epistle only we don't know whether her hubby is a prize-fighter or a ribbon clerk.

CHICKEN DINNER
The W. R. C. will serve a chicken dinner at the Armory Friday, March 21.

A good hot supper at the Looking Glass Grange Hall, March 21. Help the ladies pay for the piano.

NOTICE

A meeting will be held at Coles Valley school house, March 30, at 3:30 p. m. for the purpose of considering improvements for Coles Valley cemetery.

Lawn mowers of quality at Powell's Furniture Store.

TALKED OIL AT G. O. P. ASSEMBLY

(Continued from page one.)

ting good production. "What prompted you to make such an inquiry of him concerning the land?" asked Senator Walsh.

"The whole thing had been super-heated with charges that a deal had been consummated between the oil operators and the possible nominee. That was common talk. "Did you gather the impression that Mr. Hamon (Jake Hamon, republican national committee for Oklahoma) had anything to do with it?"

"I don't know what oil companies were in it; I do think, however, that a young man named Moltor told me Hamon was mixed up in it. "You really know nothing of those matters except gossip on the street?"

"I do not." Asked by Senator Walsh if he knew what reply General Wood had made, Gilmore said: "I was told he walked up and down at his hotel and said it was a 'shady' deal; that he would have nothing to do with it; and that they would have to defeat him."

The committee then called James G. Darden, whose name has been interwoven with disclosures in the Daugherty and Teapot Dome inquiries; process servers had reported failure to locate him for a month, but he denied he had tried to avoid service. He said he was away from home much but had read that he was sought and immediately notified W. J. Burns of the department of justice. Darden said he had known President Harding a long time and become intimate with him during the pre-convention in 1920.

"Did you aid in bringing about his nomination?" "I did everything I could."

"Did you raise any money?" "I did now and then, a very little."

"Where did you raise the money?" "Among my friends; some of my democratic friends."

"Do you know Jossip Hall of New York?"

"I met him during the Harding campaign; he came to see us and wanted to help. Mr. Daugherty was there."

Darden said he also became intimate with Attorney-General Daugherty during the Harding campaign.

Senator Walsh took the inquiry to Teapot Dome and Darden told how he got claims in the Salt Creek field as well as in the naval reserve. He said there were 160 acres in Teapot involved and twice as much outside. It was during the Wilson administration he said, that he took the matter up with the interior department.

Asserting that a Mr. Taylor had decided to contest with him the right to the land on Teapot Dome, Darden continued:

"Mr. Taylor employed a Mr. Wilson, the president's brother. Mr. Payne, (the secretary of the interior) decided in our favor for a small acreage. He never said anything about 160 acres."

"I never discussed oil with Mr. Harding or Mr. Daugherty until this matter came up," said the witness.

He said he learned through Jossip that Sinclair was to get Teapot Dome in two months before the lease was signed on April 7, 1922.

"This gossip came from old men who were coming and going" at Washington, Darden said.

"Did you take it up with President Harding and Mr. Daugherty?" asked Senator Dill, democrat Washington.

"I did. I went first to see Assistant Secretary Finney of the interior department who told me 'the old man' was handling the matter."

Later Darden said he saw A. B. Fall, who told him he had no claim. He then went west to see J. F. Campion, one of his partners, he said, without seeing President Harding, but the president later wrote to him, calling him here.

"Have you that letter?" asked Senator Walsh.

"I have it home and can furnish it."

Darden said he got his claims from the Belco company, which Sinclair bought out after he heard of the lease. He presented what purported to be a copy of the deed which was included in a bill of complaint against the Mammoth Oil company by Darden and his partner, Campion and R. G. Taylor.

"What did you pay for your share?" asked Senator Walsh.

"Campion and Taylor were to finance it and I was to pay my proportion."

Pressed as to what he was to have paid, Darden said it never had been settled finally. He recalled one payment of about \$2,300 as expenses incident to the fight with the Belco company before the compromise in June 1920.

"When did you apply, if you ever did, for a lease for the 160 acres in Teapot?"

"We never did."

Describing his conversation with President Harding, Darden said: "The president said: 'Jim, how about this property you think you own out in Wyoming?' Well I said, I do not know just what it is. I can not tell you. We feel naturally we owned it because we had spent some money on it. He said 'Fall is a kind of T. N. T.' He did not say much more about it."

"Then we went on to discuss Senator Bursum. He wanted to know what I thought of him. I said he was a good fellow."

"Well," he said, "what are you going to do about it?" I said, well, we may have to go into the courts."

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Classified Section

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LOST AND FOUND

FOUND—Package of blue prints at cor. Oak and Rose Sts. Owner call at this office, identify property and pay for adv.

LOST—2 sample cases belonging to Western Dry Goods Co., Seattle. Finder notify A. A. Spencer, 36 E. 15th St., Eugene, Oregon. Reward.

MISCELLANEOUS

CAR OWNERS—Don't forget to call 553 when in need of auto parts. Sarr's Auto Wrecking House.

FOR RENT

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FOR RENT—Safety deposit boxes, Roseburg National Bank.

FOR RENT—Large housekeeping room, 344 So. Jackson St.

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